



AGE WELL SAN DIEGO

Christy Patch, JD, PhD

christina.patch@sdcounty.ca.gov



LIVE WELL
SAN DIEGO



LIVE WELL
SAN DIEGO

Age Well
SAN DIEGO
INITIATIVE

A hand-drawn illustration of two stylized human figures, one larger and one smaller, both with arms raised in a celebratory or active pose.



**Age-friendly
Communities**



**Dementia-friendly
Communities**

**Age Well
San Diego**

AGE WELL SAN DIEGO THEME TEAMS



LIVE WELL
SAN DIEGO



**Health & Community
Support**



Housing



**Social
Participation**

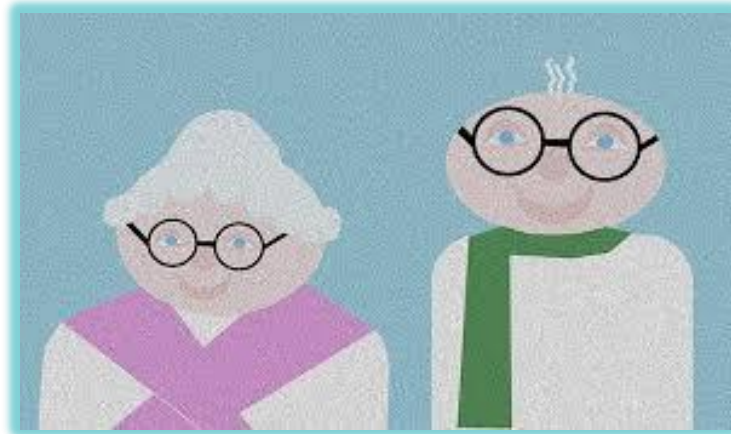


Transportation



Dementia-Friendly

WHAT DOES IT MEAN TO AGE WELL?



AGE WELL ACTION PLAN

Housing



GOALS



Mixed-use zoning



Programs to prevent homelessness



Affordable housing stock



Accessory dwelling units (granny flats)



PREVENTING SENIOR HOMELESSNESS

- Home Safe Grant awarded:
connects older adults at risk
of homelessness with
housing navigation services
and rapid re-housing
- \$500,000 matched funding
from State



AGE WELL ACTION PLAN

Transportation



Goals



Complete streets



Smart growth



Innovative rideshare systems





Ride Well to Age Well

Getting Out & About!



A resource guide to transportation services for
San Diego County residents

Provided by the *AgeWell San Diego* Transportation Theme Team







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www.livewellsd.org

AGE WELL ACTION PLAN

Social Participation



Goals

-  Intergenerational engagement
-  Inclusive programs
-  Outreach to isolated seniors
-  Leadership & civic involvement





Get Connected!

**Your Guide to Becoming Engaged in
Your Community**



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LIVWELLSD.ORG

AGE WELL ACTION PLAN

Dementia-Friendly



Become a Dementia Friend!
www.dfamerica.org

Goals



Promote Dementia Friendly America tools & resources



Coordinate with Alzheimer's Project

THE ALZHEIMER'S Project
San Diego unites for a cure and care



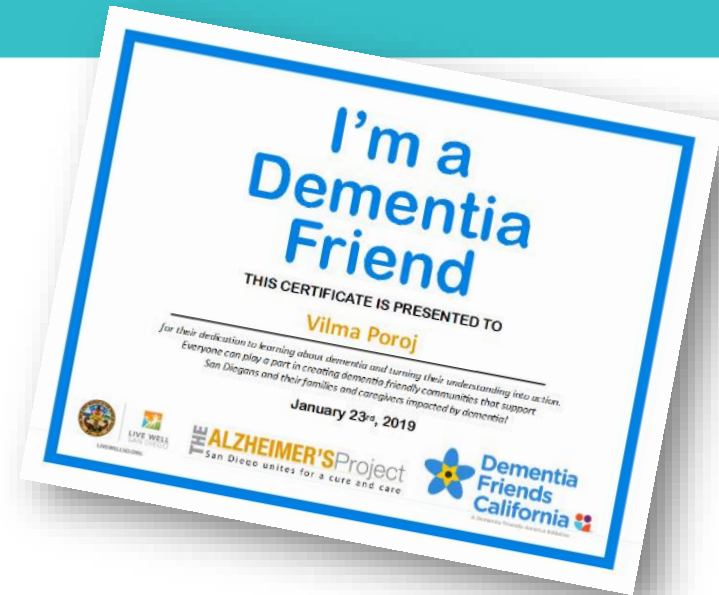
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DEMENTIA-FRIENDS



LIVE WELL
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- Regional lead for Dementia Friends California
- 24 “Local Champions” trained to conduct Dementia Friendly sessions
- Certified over 200 Dementia Friends



HEALTHY BRAIN INITIATIVE



The San Diego Union-Tribune

NEWS FOR CAREGIVERS



San Diego awarded \$750K to address dementia through Healthy Brain Initiative



Maria Shriver moderated a panel discussion on ways to help prevent dementia and Alzheimer's disease in 2018. Shriver, left, appeared at her Brentwood offices with neuroscientist Lisa Mosconi, UC Irvine psychiatrist and sleep expert Ruth Benca, and physical trainer Anja Garcia. (Robin Abcarian/Los Angeles Times)

\$4.5 million will be given to six counties throughout the state over the course of three years

By LAUREN J. MAPP | STAFF WRITER FEB. 14, 2020 | 11:07 AM

Nearly \$5 million will be distributed to six California counties over the course of three years for dementia research and education as part of the state's Healthy Brain

AGE WELL ACTION PLAN

Health & Community Support



GOALS



Awareness of existing resources



Access/use of technology



“Village-like” community support



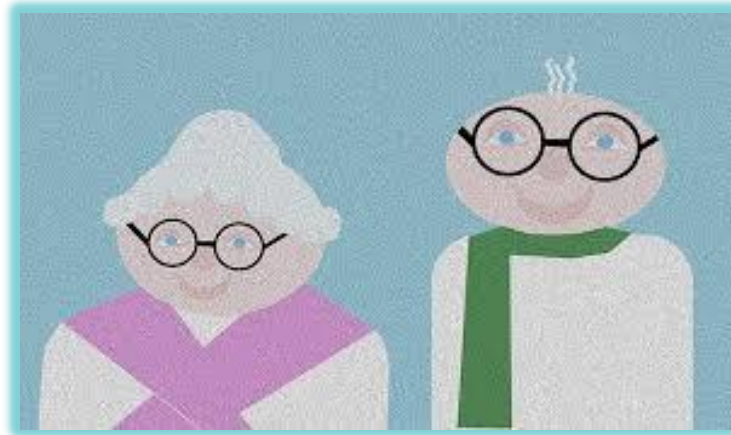
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VILLAGE SYMPOSIUMS

January, March, June 2019



WHAT DOES IT MEAN TO AGE WELL?





QUESTIONS?

Christy Patch, JD, PhD

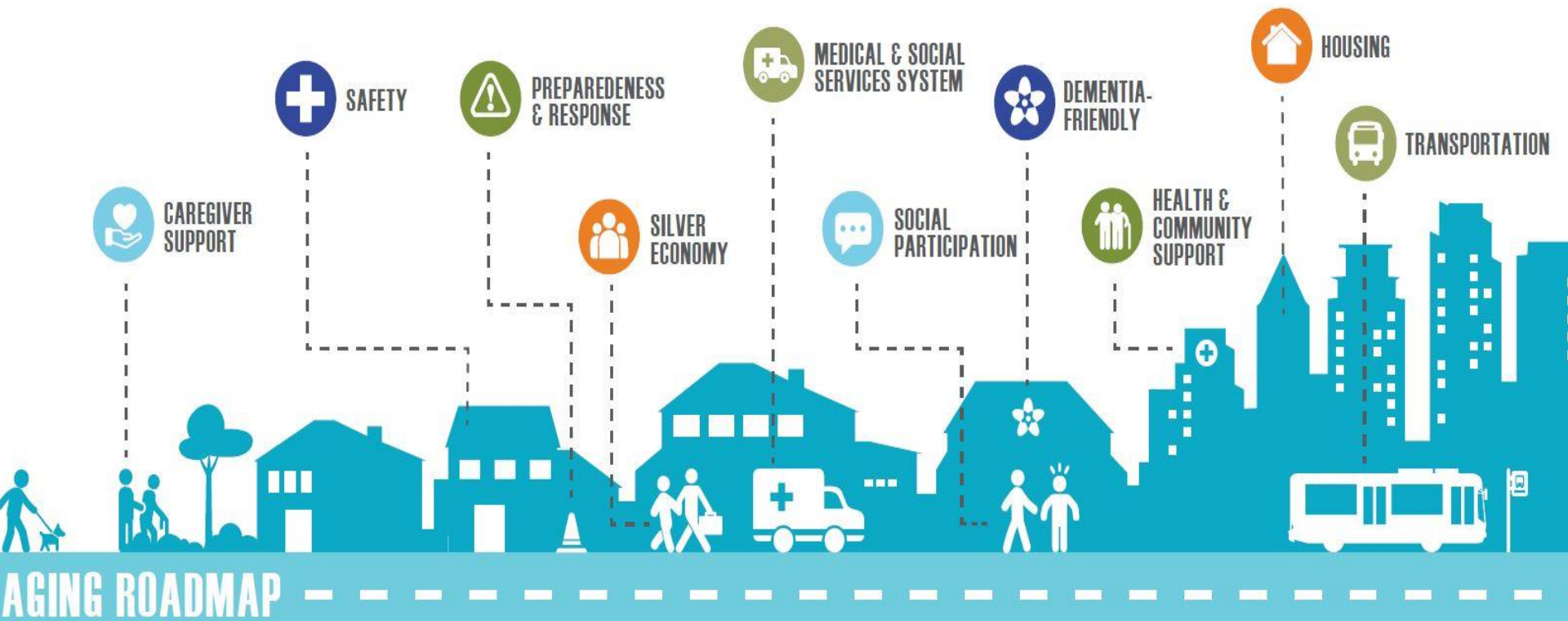
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AGING ROADMAP



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GERIATRIC EMERGENCY CARE INITIATIVE



PROGRAMS AND SERVICES



Call Center

RSVP & SVA
Health Promotion
Outreach & Education

Senior Dining
Home Delivered Meals

Care Management
Caregiver Support

IHSS

APS
Ombudsman
Project CARE

Intergenerational